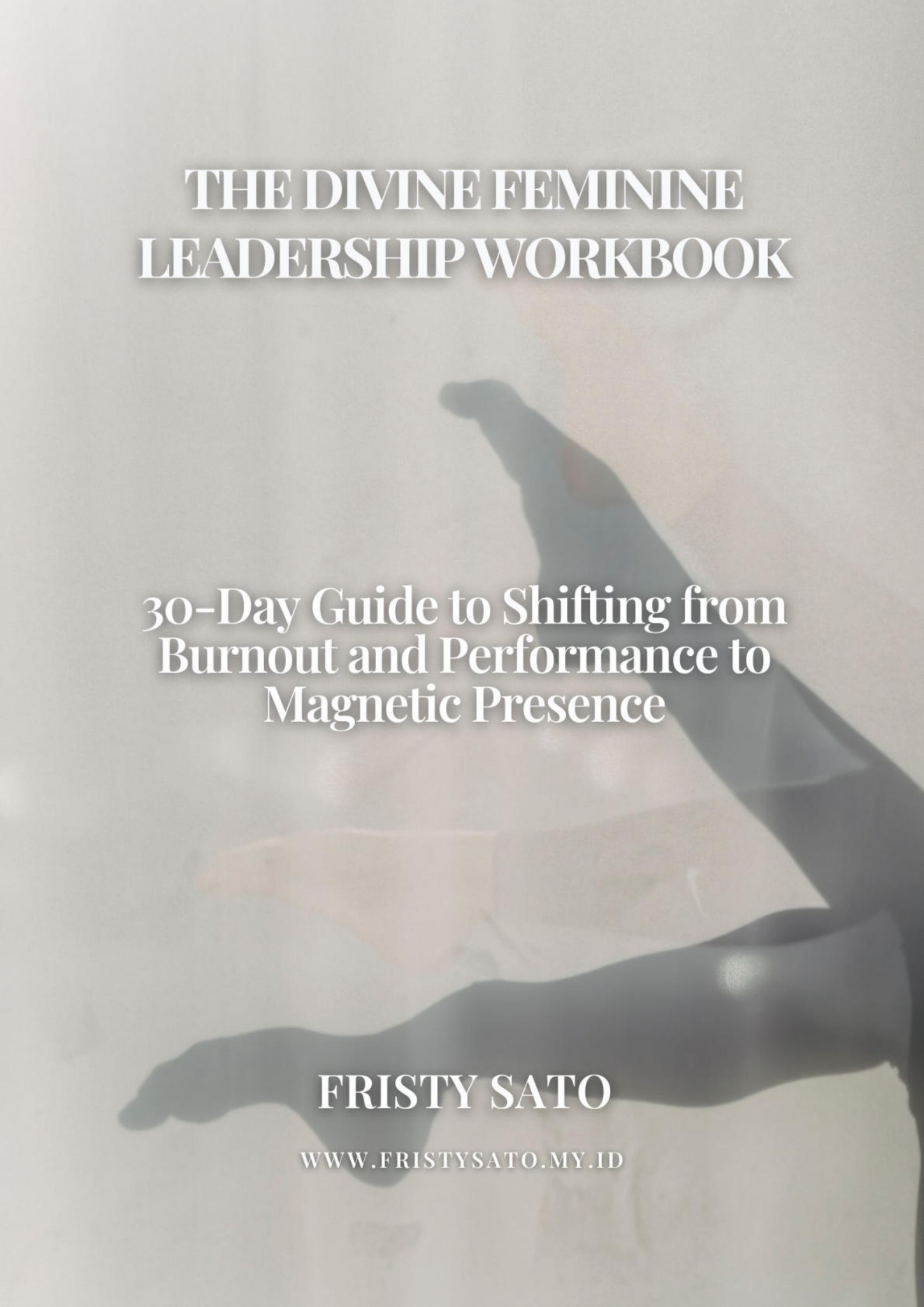
THE DIVINE FEMININE LEADERSHIP WORKBOOK

30-Day Guide to Shifting from Burnout and Performance to Magnetic Presence



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The Divine Feminine Leadership Workbook

30-Day Guide to Shifting from Burnout and Performance to Magnetic Presence

Written by Fristy Sato

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The Divine Feminine Leadership Workbook

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This workbook, "The Divine Feminine Leadership Workbook" was created by Fristy Sato and is intended for educational and inspirational purposes only. It is not a substitute for professional medical, psychological, or financial advice. The content provided herein is based on spiritual and energetic principles and is designed to support personal growth and self-discovery in a structured manner.

While the practices and information shared can be profoundly transformative, individual results may vary. It is always recommended to consult with qualified professionals for any health or well-being concerns. By engaging with this material, you acknowledge that you are responsible for your own well-being and choices.

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A Note from Fristy

Welcome, beautiful leaders.

Fristy Sato here. For those who haven't met me yet—I'm a certified Life Coach in Neuro-Linguistic Programming, a Certified ThetaHealing® Practitioner, and a Certified Practitioner in Time Line Therapy®.

For years I believed achievement was the same as peace. I chased degrees, recognition, and a picture-perfect career abroad. On paper, I looked successful. Inside, I was exhausted and disconnected.

Through trauma-informed healing, inner-child work, and embodiment, I began leading from presence instead of perfection. That path became what I now call Divine Feminine Leadership—leading with intuition, clarity, and compassion, like a mother guiding life itself.

If you are a woman who has climbed the ladder, built the business, and achieved "the dream" on paper, yet still feels **exhausted, disconnected, and constantly performing** for validation, this workbook is for you.

Many of us are taught that success requires perfection, politeness, and perpetual productivity. We adopt a **masculine-coded "doing" energy** as a survival strategy, only to find it leads to burnout and self-abandonment.

My own journey through high-pressure environments revealed a profound truth:

- Leadership doesn't come from performance; **it comes from presence.**
- It's not about doing more; **it's about becoming more of who you already are.**

This workbook is an initiation into that remembrance. It is designed for female leaders, healers, and entrepreneurs ready to shift from **performance into clarity, calm, and magnetic feminine power.**

Let's begin this journey of remembering your essence.

Fristy Sato | Divine Feminine Leadership Initiator
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Program Overview: The 4-Week Shift

This is a 4-week energetic journey designed to help you shift from the exhausting cycle of **Masculine-Coded Doing** to the sustainable power of **Feminine-Rooted Being.**

Week	Theme	Core Focus	Key Outcome
1	Awareness	Seeing your current energetic systems and subconscious shadow patterns.	Clarity without judgment.
2	Release	Letting go of validation wounds, perfectionism, and the need to control.	Energetic spaciousness.
3	Repattern	Reprogramming your subconscious for worthiness, safety, and receptivity.	Anchored self-trust.
4	Embody	Leading from your soul, calm power, and aligned service.	Sustainable magnetism.

1. The Integrity Test: From Coursework to Embodiment

Theme: Awareness is power. Before you change your reality, you must see the contracts you are operating under.

Journal Prompts: The Performance Audit

What is my current relationship with productivity and rest? How do I punish myself when I rest?
Where in my life do I still equate my worth with performance or external approval?

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How does my body feel when I'm "proving" versus when I'm "present"? (Describe the physical tension).
If my business or mission had a voice, what would it say about how I treat it?

NLP Mapping Exercise: The Shadow Mirror

The **Shadow Mirror** is the unconscious pattern that keeps you looping in the same emotional or behavioral state.

1. **Identify:** Write down one situation that consistently triggers you (e.g., being judged, not meeting an arbitrary deadline, receiving criticism).
2. **Ask:** "What am I believing to be true about myself in that moment of trigger?"
    - *Example: "If I pause, I will lose everything."*
3. **Reframe:** Write a new truth that counters the fear:
    - *New Truth: "Even when I pause, I am still valuable, and my true clients will wait for my presence."*

Integration Affirmation: "I see myself clearly, without judgment. Awareness is the first act of leadership."

Reflection:

Note any observations, challenges, or insights here.

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2. Week 2 — Release: The Art of Letting Go

Theme: You can't receive new energy with clenched fists. This week, we unlearn the old safety codes that prevent you from shining and resting.

Reflection Practice (Subconscious Code Reset)

1. **Find Space:** Find a quiet space. Close your eyes and breathe into your heart.
2. **Ask:** Declare silently: "Source/Creator, show me the highest truth behind my **fear of being fully visible** and my need for control."
3. **Witness:** Listen to the first thought, memory, or image that arises. **You are not analyzing—you are witnessing.**
4. **Declare:** Gently declare: **"I now release the energy of this fear from every cell of my being. I choose to feel safe being visible and safe resting."**

Journal Prompts: The Sacred Void

What am I afraid will happen if I fully shine and stop minimizing my success?
What emotions or identities (e.g., The Martyr, The Perfectionist, The Rescuer) am I ready to outgrow?
What part of me still thinks healing must be completed before I am allowed to lead?

Notes:

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Body Release Ritual

Move your body (dance, stretch, shake, walk). As you move, whisper to yourself: **"I let go. I make space. I am safe to expand and receive."**

Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights here.

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3. Week 3 — Repattern: Building New Energy Systems

Theme: Leadership is not about control—it's about alignment. We are anchoring safety and worthiness at the deepest level.

Exercise 5: NLP Reframing

Identify one recurring thought that drains your energy (e.g., "I'm not ready yet," "I'm too sensitive," "My work is too niche.").

1. **Test the Truth:** Ask: **"Is this absolutely true?"**
2. **Define Freedom:** Ask: **"Who would I be without this belief?"**
3. **Replace and Anchor:** Replace the belief with a grounded affirmation: **"I lead as I grow. My readiness is my presence and alignment."**

Exercise 6: Timeline Reframing

1. **Visualization:** Imagine floating above your life timeline.
2. **Travel:** Travel back to the first moment you felt unseen or fundamentally unworthy (the root of the performance pattern).
3. **Higher Self Intervention:** From your **Higher Self** (the powerful, adult version of you), whisper to that younger self: **"You are not here to prove. You are here to create. You are worthy simply because you exist."**
4. **Dissolve:** Let the memory dissolve into light, integrating that safety into your present body.

The struggle to anchor your inherent worth often links to unhealed money wounds and self-abandonment patterns. To dissolve the final scarcity loops, **Visit our self-paced course, Divine Feminine Money Healing**.

Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights here.

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Business Energy Mapping

Draw a circle labeled **"My Business Energy System."** Inside, write:

- **Core Values:** (What drives me).
- **Clients' Emotional Outcomes:** (The true service I provide).
- **Energy Leaks:** (Where I overgive or overwork).
- **Energy Anchors:** (Rituals that refill my capacity).

You are learning to hold success without self-abandonment.

Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights here.

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4. Week 4 — Embody: Leading from Soul and Service

Theme: The Divine Feminine leads from essence, not effort.

Daily Embodiment Practice

Every morning, place one hand on your heart (for love) and one on your womb/lower belly (for power/creation).

- Say aloud: **"I am safe to lead from love. My presence is enough. I lead from alignment."**
- Take three deep breaths. Let your body show you what it feels like to be in alignment, not your mind.

Leadership Reflection

- How can I **nurture my community or clients** without losing my center and abandoning myself?
- What kind of leader am I when I am **fully rested and connected**?
- Where do I need to shift from **leading from scarcity** (hustle) to **leading from service** (flow)?

Closing Affirmations:

"I am the calm in my mission. I lead with softness and strength. My visibility serves love, not ego. I am the embodiment of Divine Feminine Leadership."

Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights here.

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Reflection and Notes Section

This space is for you to jot down any thoughts, feelings, or insights that arise during your exercises. Reflect on your progress, challenges, and any shifts in your perspective towards self-love and loving kindness.

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Integration and Next Steps

You don’t need to fix yourself to lead. You are not behind. You are simply **remembering** the powerful, sovereign essence of who you already are.

If this workbook spoke to your soul and you are ready to anchor this shift into your entire legacy—moving from burnout into a state of unwavering **Clarity, Calm, and Magnetic Power**—the **THRIVE Feminine Leadership Immersion** is your final step.

Apply Now for the THRIVE Feminine Leadership Immersion

Note: Only 5 spots are available per quarter.

I am holding the space for your arrival.

With love,

Fristy

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Get Your Free Gift!

Divine Feminine Wealth Activation

Your Clear Path to Reclaim Your Financial Flow and Manifest Sacred Prosperity.

This complimentary guidebook is your essential first step. It's designed to help you:

- **Pinpoint the invisible veils of scarcity** that may be holding you back.
- **Deconstruct inherited and learned patterns** that have unknowingly blocked your abundance flow.
- **Discover the true essence of Divine Feminine Wealth**—it's more than just money; it's a sacred energy for impact and purpose.
- Begin to **Transform your relationship with money** through grounded practices for financial safety and energetic boundaries.
- **Uncover your unique abundance blueprint** through powerful self-inquiry and actionable practices.

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You'll find that readers who engage with this "Divine Feminine Wealth Activation" workbook are able to implement these sacred teachings faster and take the next powerful steps needed to reclaim their financial flow and manifest sacred prosperity with ease.

This isn't just a download. It's an initiation. A clear invitation to begin your journey of unapologetic radiance and profound abundance.

Ready to Reclaim Your Abundance?

Get Your FREE "Divine Feminine Wealth Activation" Guidebook Now!

You can get your copy HERE.

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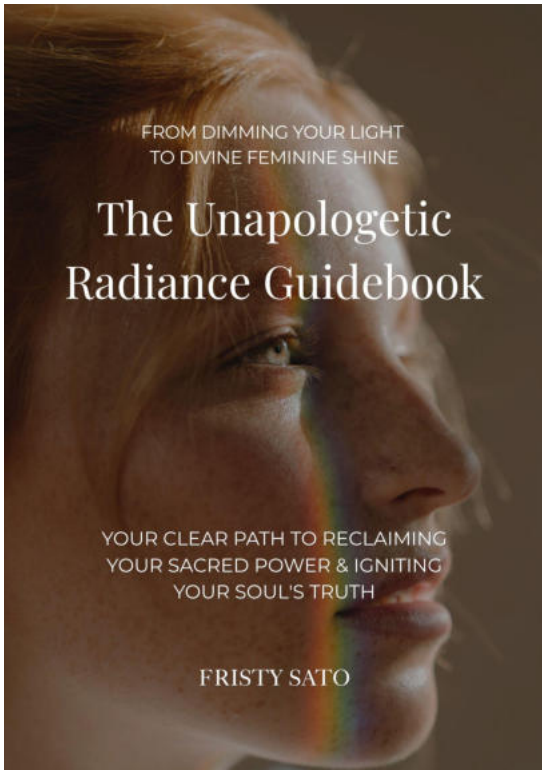
Get Your Free Gift!

The Unapologetic Radiance Guidebook

Your Clear Path to Reclaiming Your Sacred Power & Igniting Your Soul's Truth.



This complimentary guidebook is your essential first step. It's designed to help you:

- **Pinpoint the invisible veils of fear and self-doubt** that may be subtly dimming your light.
- **Deconstruct inherited and learned patterns** that have unknowingly kept you playing small or seeking external validation.
- **Discover the true essence of Divine Feminine Radiance**—it's more than just being seen; it's a sacred frequency for impact and purpose.
- Begin to **Transform your relationship with visibility** through grounded practices for inner safety and energetic boundaries.
- **Uncover your unique radiance blueprint** through powerful self-inquiry and actionable practices.

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You'll find that readers who engage with "The Unapologetic Radiance Guidebook" are able to implement these sacred teachings faster and take the next powerful steps needed to reclaim their authentic presence and ignite their soul's truth with ease.

This isn't just a download. It's an initiation. A clear invitation to begin your journey of unapologetic radiance and profound self-expression.

Ready to Reclaim Your Radiance?

Get Your FREE "The Unapologetic Radiance Guidebook" Now!

You can get your copy HERE.

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A Note of Gratitude

This work wouldn't be possible without the wise women, spiritual teachers, and mystics who came before me. Their wisdom is what built the foundation of the **THRIVE Method**. I'm forever grateful for them.

To my own mentors, thank you for holding the space for my own journey and for always guiding me with a firm, loving hand.

Finally, to you, the reader—thank you. Thank you for being so brave and for showing up for yourself. The world is a better place because you're doing this work.

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About Fristy Sato

Fristy Sato is a Divine Feminine Leadership Activator, a guide for women who are ready to become leaders. She helps them tap into their feminine power and lead with confidence. Her work is a journey that helps women master their energy, heal from the past, and embrace who they truly are.

Fristy's goal is to help women move beyond pain and reclaim their power. She guides them toward a life of peace, prosperity, and clear purpose. She uses a kind, grounded, and empathetic approach, creating a safe and clear space for real transformation.

She helps women build unshakeable confidence that comes from within. Her programs aren't just courses; they're designed to help you remember your soul's deepest truth and give you a practical way to rise up and lead.

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Check Out My Books!

I've channeled more wisdom into these sacred offerings. These books are designed to meet you exactly where you are and guide you through the intricate layers of healing and alignment. They illuminate the next steps on your path to becoming the most authentic, radiant, and powerfully manifested version of yourself.

The Conscious Manifestation Journal: A Holistic Guide to Healing, Alignment & Manifesting Your True Desires

You've tried manifestation. You've made vision boards. You've repeated affirmations. But something still feels off. This journal is your guide if you're ready to move beyond wishful thinking and into the deep, soul-aligned work of co-creation. It's for the leader ready to heal subconscious blocks, align with her soul's true mission, and manifest her biggest dreams into reality, one grounded step at a time.

Discover More and Purchase Your Copy HERE!

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What Readers Are Saying:

I've read countless books on manifestation—but nothing has felt as grounded, practical, and deeply transformational as The Conscious Manifestation Journal. Fristy Sato don't just repackage the usual "think positive" advice. Instead, they take you into the real work: healing, shadow integration, inner child connection, and actionable, aligned steps that actually move your life forward.

What makes this journal stand out is how holistic and structured it is. The project management-inspired tools helped me take vague dreams and turn them into clear, achievable goals. And the emotional healing work—especially the exercises on forgiveness, limiting beliefs, and self-sabotage—created shifts I've been trying to unlock for years.

I finally feel like I'm not trying to force the universe, but co-creating with it in a way that feels natural and true to who I really am. If you're tired of fluffy LOA advice and ready to align your desires with your soul's path—this is the journal you've been waiting for. Truly a sacred, empowering, and life-changing guide.

— Sarah., Life Coach

"Fristy's guidance has been a beacon. Her teachings on energetic sovereignty transformed my fear of visibility into a quiet confidence I never knew I possessed. I'm finally showing up in my business, unapologetically radiant."

— Evelyn., Manager

"I used to feel exhausted just thinking about my finances. After working with Fristy's methods, I feel a profound sense of ease and an almost magical flow of abundance. Her work is truly life-changing and deeply sacred."

— Erika., Healer

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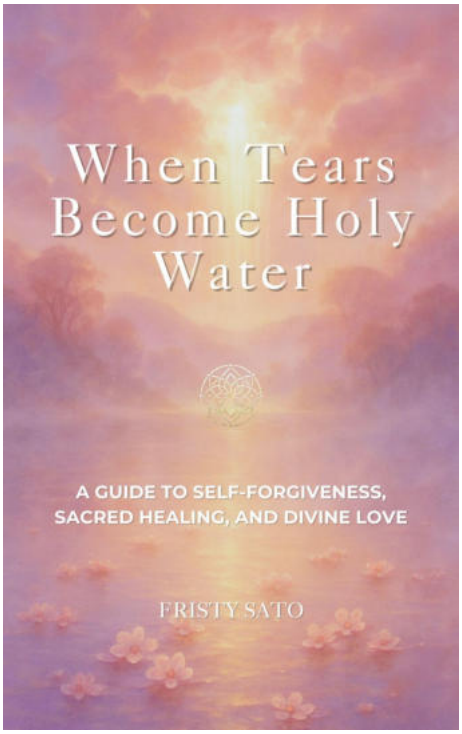
When Tears Become Holy Water: A Guide to Self-Forgiveness, Sacred Healing, and Divine Love



What if your tears weren't a sign of failure—but a sacred invitation back to yourself? If the journey of healing and self-compassion calls to you, this book is a profound companion. It's for the sensitive, introspective soul longing to reconnect with her inner child, release unspoken shame, and forgive herself, others, and even God. This is not a step-by-step guide to "fix" your life; it's an invitation to sit with your truth and find out it's still holy. Embrace a softer, embodied approach to healing and discover the grace that has always been holding you.

Discover More and Purchase Your Copy HERE!

What Readers Are Saying:

"As someone who has struggled with family wounds and spiritual confusion, I felt seen in every chapter. The three-act structure made it so easy to follow: forgiving God, forgiving myself, forgiving others. I've never read a book that so beautifully integrates personal story with spiritual practice. This is the book I'll be gifting to every woman I know."

— Sofia., Entrepreneur

This book found me exactly when I needed it. I didn't realize how much shame and guilt I was still carrying until I started reading When Tears Become Holy Water. Fristy's words felt

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like a hand on my heart. She doesn't just teach forgiveness—she lives it. This is more than a book. It's a healing experience. I cried, I journaled, and for the first time in years, I truly forgave myself.

— Sheena., Trauma Survivor & Meditation Student

I've read dozens of personal growth books, but none touched me like this one. Fristy writes with so much tenderness, wisdom, and depth. Her story is raw, relatable, and radiant. The mirror ritual alone changed my relationship with my inner child. If you're on a journey of healing, this book is your companion.

— Melissa R., Therapist & Energy Healer

Fristy writes with a voice that's both nurturing and powerful. She doesn't sugarcoat the healing journey, but she shows you how every tear is sacred. This book helped me forgive people I never thought I could—and most importantly, it helped me forgive myself. It's a must-read for anyone walking the path of spiritual growth and emotional freedom.

— Nina H., Spiritual Entrepreneur

I couldn't put this book down. Fristy's journey through rage, grief, and spiritual awakening is not just inspiring—it's transformative. I felt like I was sitting in a healing session just by reading. Her blend of journal reflections, meditations, and lived wisdom is unmatched. I'll be rereading this one for years to come.

— Jasmine A., Holistic Wellness Practitioner

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Your Path Forward

Connect with Fristy on Social Media:

Instagram: @fristysato

Medium: https://fristysato.medium.com/

LinkedIn: https://www.linkedin.com/in/fristysato/

X: https://x.com/fristysato

Receive daily inspirations, clear transmissions, and updates designed to support your journey.

Explore More Offerings & Wisdom: https://www.fristysato.my.id/

Discover the full THRIVE Method™ from free resources to high-ticket mentorships—each designed to provide a clear path to your next level of embodiment.

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BEGIN YOUR JOURNEY NOW!

For more wisdom of Divine Feminine Leaders, visit:

Fristy Sato Official Website: https://www.fristysato.my.id/

Instagram: @fristysato

Medium: https://fristysato.medium.com/

LinkedIn: https://www.linkedin.com/in/fristysato/

X: https://x.com/fristysato

May your radiance shine forth with clarity and purpose. The world awaits your light.

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